

*Students help others get in the game

By ANNALEA WOODFORD

Kathy Headstrom, has organized freshwater for the different or some locker rooms since giving the other children in plus locker. Her friend is a single mom and struggling to pay for the expensive equipment and fees.

Headstrom is a general business student at Cossatot College and as part of her project assignments that she and a group were required to put on an event. Her group decided to organize a used locker equipment drive. They struggled at first with the logistics and to which organizations they should donate the equipment.

Eventually Headstrom and her group turned up with the Kitchener Minor Hockey Association and their Sponsored Kids Program run by Dennis Weber. This organization gives used equipment directly to deserving children or sells it to stores such as Plus It Again. For money Headstrom got toward buying equipment or helping out families who can't afford the registration fees. The process is completely anonymous and even the recipient may not know they have a "sponsored" player unless the parent chooses to tell them. "Any child wanting to play

lockers has the right to play" and Headstrom says and members of KMHA.

Headstrom and her other students collected donations during the Kitchener Waterloo Tournament which brings in players from all areas across North America. The drive ran from noon to 4 p.m. on May 19 and 20. Collection areas were set up both days at the Action Sportsplex and the Kitchener Memorial Auditorium with an additional location at KMHA Park on the second day.

Headstrom and her group advertised around Cossatot College, in the Waterloo Region Herald and on local radio stations. Their original goal was to collect 20 lockers but after three hours of collecting they had passed. On the Friday of Action alone they collected 12 lockers full of equipment and at KMHA on Saturday afternoon a KMHA volunteer had already been by once to take away a truck load of donations.

"It's been a hit," Headstrom said of the drive. "The donations have been crazy. I can't believe it."

Even though the drive was only two days long KMHA, solely donations will give Plus for the Sponsored Kids Program more than three



Mary Headstrom, a general business student at Cossatot College, poses with donated used locker equipment at KMHA on May 20. Headstrom and a group of students in her program organized this event which ran in three locations during the Waterloo Waterloo Tournament.

Please contact Kitchener Minor Hockey's Sponsored Kids Program:

donations anonymous and
fundraising dollars come
solely donations all your
Plus for the Sponsored Kids
Program more than three

and we're very proud to see
students giving back to their
community." —Dennis

Cyr, administrator involved
in making a difference

to contact KMHA. Their
office is open Monday to
Friday from 8:30 a.m. to 4:30
p.m. and they can be reached
by phone at 519 579 2226

MUGGING FOR THE CAMERA



Students recognized themselves the afternoon of Day 8 in the cafeteria with free coffee samples. Christiansburg displayed major results for its students to purchase while they sipped coffee or the keep their paper cups ready to use. The results of coffee sales were impressive, reflecting the amount of coffee purchased on campus. For additional information see Page 2.

PHOTO BY STACEY VOLKMAN

Recycling creates jobs

By DANIELA WOODFORD

The year Cossatot College has increased its green initiatives on campus and mostly the new recycling program. The initial focus of three small recycling bins in rooms throughout the college has been a success but has also caused a lot more work for cleaning staff due to the larger number of containers in class.

To meet the new demand the college and Cossatot Students Inc. have put together a new initiative in partnership with Christian Horizons. Christian Horizons is a non-profit Christian organization that helps people with special needs live a productive life.

The pilot project would involve Christian Horizons clients coming to the college and cleaning out the recycling or designated bins.

and office. There will be a period of orientation while the clients get accustomed to their rooms and duties on campus. During the orientation they will be on campus twice daily to clean up in the clients will be supervised by Christian Horizons representatives.

"The volunteers who joined us Christian Horizons collecting recyclables from the public areas at the Kitchener five days a week," said Christopher Cross, general manager of CCH. "The project includes results that cover the entire campus and facilities, serving a crucial component of the recycling program as the addition of the classroom bins seems passing work requests could not longer all consumers daily."

The project does not have a defined end date as it is still in progress, but it will begin shortly.

Now deep thoughts ... with Conestoga College

Random questions unanswered by random students
What's the worst New Year's resolution
you've ever made or heard of?



"Probably go to the gym. I never follow through with it."

Brian McNeil,
second year
marketing



Photo by: Kristin Miller

"Drinking less (that's) the
worst one I've ever made."

Matt Blanchard,
second year
(USA)



"Losing weight. People say
it, but they hardly follow
through."

William Radke,
second year
business



"I think the worst was a
person who didn't give up
on for a year."

Ryan Linn,
second year
police foundation



"Not sleeping more. It
aids my work because it was
only January."

Steve Carday,
first year
business studies



"A person saying they need
to lose weight. They look
down the first week."

Jordan Barnes,
first year
business administration
marketing

Send to Conestoga; you could be our next respondent.

Conestoga Students Inc. held their annual general meeting Dec. 1 to review the past school year and talk about future goals and plans. CSI board members for the year are, from left, Maria Anglin, Lisa Jackson, Amanda Black, Corra Bryce, Kristen Comerford, Maria Farren and Tracy Schmid. In the back is vice-president of the Student Council and president Sherrye Lerner. The CSI staff members that year are Eli Abramson, Christopher Caines, Sue Hervat, Bevita Humphries, Delphine Kotsopoulos, Jackie Kowalewski and Katherine White.

CSI reviews the past and plans for the future

BY JENNIFER HARRIS

One of Conestoga Students Inc.'s goals in 2001 was to ensure students had a more enjoyable and memorable year at the college last year. That will continue to be a priority this year.

At their annual general meeting Dec. 1, CSI members reviewed their past activities and goals and discussed plans for the coming school year. CSI represents over 7,000 full-time students and their first order of business was to ensure all students are aware of their resources and goals for the year.

At the meeting, Sherrye Lerner, CSI president, said "In our strategic plan we wanted to make our website. We have a lot more information on the website now. We also have the largest drop-in weekly bingo, working with clients not in events, and

informing them about everything and anything CSI is doing."

Even doing little things for the students in anything CSI members are trying to accomplish.

"I know these guys [CSI] have been a bit more concerned in setting up a booth on a biweekly basis giving out pop corn and giving away and event information," said Lerner. "I think they are really going places this year."

CSI had group plans in place, including the college's first Green month, which encouraged students to think environmentally. CSI was also the host of Conestoga's first annual GREEN week, which was held March 23-29. One of the components of the event was NORWEX, which promotes the use of chemical-free cleaning materials.

NORWEX uses a microfibre called the NORWEX microfibre which is 100% polypropylene made of a network of loose fibres in the NORWEX material, which is 100% properly the high quality microfibre because no excellent cleaning material.

Another goal of CSI this year is to help keep the students informed about the possible strikes starting.

"We're working with the College Student Alliance to stay informed on what's going on, their position being in negotiations that students can be released," said Lerner.

The Students Are Not Bargaining Chip Campaign is another of the many CSI activities to keep the public informed of the issues involved. Fulltime faculty received a postcard presenting the campaign and requesting any one to think long and hard before the Ontario Public Service Employees Union holds a strike vote.

TO DO THIS WEEK



Residence fees are too much

Making one-time student moves and completing right is satisfying. Students living on campus are used to residence fees as high as \$1,000.

Picking up late is stressful enough, make you need to get inside, eat breakfast and get to class on time. When you get out of the shower, remove the shampoo soap and conditioner from the ledge and realize the fact that thing that occurs over and over again will not break you down washing the dishes, will you go to them where you get home from there?

However, when however our rooms in elevators are poor, the kitchen and bathroom used to be ready or not well kept in my hallway.

Don't get me wrong, you don't do house cleaning and I think housekeeping is necessary. But if a student is running late and doesn't have time to get her room ready, then just clean clean it. There's no need to change her. Then because the room will go an extra few weeks



**Sarah
MacLennan
Opinion**

without cleaning or students will have to get their clean themselves. I think changing them or taking care for them we are students. Most forget or pre-don't have the time.

Students pay a lot of money to live in residence. Many would believe we get to live here throughout the whole school year but during Christmas break, we gotta come money to stay. That is a lovely for students like me who have jobs in residence. We live in residence because the drive from home is far. We need jobs so that we're able to get by everyday and pay our rent when we are charged there. When we want to stay here and with more hours we can't because we are charged more of us do.

There is a number of other

living problems that don't occur with it, one. When I moved in the room there isn't any air circulation which is very bad for us. In fact, when I went to clean the room, I realized the mold which I could come with the room because of the dog hair. It was terrible, but I had my air purifiers.

Also, if you get locked out of your bedroom, it's hard to get in to and if you have the courage than it'll cost money to your state at least \$100 for a new one.

Of course, the fee that students hate the most is the overnight charge. To have one guest stay overnight was my job. I never slept at all, there's pretty much nowhere for the guest to sleep other than in your bed or on your floor. Getting charged for that, just seems unnecessary.

The point is that the people living in residence are already students and that means we're usually broke. I think we pay enough to live there extra fees are just a waste of money and should be done away with.

REUSABLE CUPS FOR COFFEE ON THE GO



Marissa Sherman
Marissa Sherman is a sophomore at Penn State. Marissa Sherman spends the afternoon of Dec. 11 at the cafeteria promoting the use of "reusable cups" rather than paper cups.

Try these tips to beat post-holiday blues

By CELIA WILHELM

The lights have been put away. The tree is in the trunk and everyone has made a full recovery after those New Year's Eve parties. Now it's time to go back to school.

Some people view the start of the second semester as a fresh start and an opportunity to correct some of the mistakes they may have made during the winter break. Students who behaved badly in the first semester may actually feel both out of the same good work habits and inclined to throw in some attitude and general free.

However, many students coming back in January find they have stalled after the break and have difficulty getting back into gear.

"Where (young backs) who are students or not so much when people from one back had on the semester gets going a lot more like January and end February," said Ruth Kroske, a counselor with Counseling College's Counseling Services. "So, for some people it can be that they're starting to have more struggles. Maybe they were struggling a little bit more and didn't know for them to always feel better."

They may have, for a reason of exhaustion, really had rest and relaxation over the holidays. There may have

been stressors that got triggered for them being at home with family. There are some other factors in families, circumstances and the holiday work which everybody is having a hard time.

Interventional students are particularly glad that the holiday was sort of a break if they were unable to travel home to visit family and instead spent the time alone.

The time of returning also has a feel for those who suffer from seasonal affective disorder, a type of depression influenced by the shorter daylight hours of the winter months that can trigger sadness, feeling pretty heavy.

"It is important to still keep taking care of yourself. Try to get outside, whether that's just going for a walk," said Kroske. "People who sleep like the winter (and) we're going to long winter break tend to have less energy and that may seem to be good for the body and you want to engage your body to an excess level, as possible. There is also just realizing that you can't bury that just keep."

If seasonal depression strikes, Kroske encourages students to make sure they do not become isolated, but stay physically and socially active to help alleviate those down or the change during change and work towards getting involved with interests

or other ways to avoid spiraling; you must take some time to engage meaningful feelings in life.

"Just keeping up self-care (is important)," said Kroske. "Eating well, trying to sleep well and taking care of yourself."

Many problems in mental health develop when students begin to question whether they have chosen the right program to pursue at college. Students with these kinds of doubts often become disengaged and begin to check academically before giving up entirely.

"They want to try on one size and just graduate, given what their career interest is to get some body, whether it's to follow after leaving school. Counseling Services is available for students who feel that family problem or other external issues are contributing to their depression and want to talk things over with someone. If problems are acting in the academic department, the Learning Commons are helping students improve study and reading skills or provide guidance in achieving the time management habits that many people are always attending to develop."

We all know the saying that "New Year's resolutions and not stuck" as we're going to make all those great changes," said Kroske. "but

"I think the saying is strong if you are laying down and you're laying unmotivated and there are because Oh, I haven't been in class for a week, or help early," said Kroske, "because what is really nice is when we are more like kind and bright, beginning of April and I feel I paid kind of like my whole semester here because I let all of that stuff build up so I became depressed and I lost a lot of interest, staying home and not going to class or I even pounds your problem."

HAVE THE SUMMER OF YOUR LIFE!

CAMP WAYNE FOR GIRLS is a children's sleepaway camp in northeast Pennsylvania (PA). If you love children and want a caring, fun environment yet rated Counselors and Program Directors for Tennis, Swimming, Golf, Gymnastics, Cheerleading, Drama, Ropes Course, Camping/Nature, Team Sports, Water skiing, Sailing, Painting/Drawing, Ceramics, Bharacch, Penmanship, Bulk Jewelry, Calligraphy, Photography, Sculpture, Circus Aerobics, Self-Defense, Video, Piano, Other staff: Administrative, CDL Driver (PA), Nurses (RN's and Nursing Students), Bookkeeper, Nurses On-campus interviews January 27th. Select the camp that attracts the best staff! Call 1-215-994-3099 or apply online at www.campwaynegirls.com.

Sunrise Centre makes a difference in kids' lives

By HEATHER MULR

Shouts of excitement echo through the trees when the children come in for their red toy tractors.

Most of these kids have disabilities such as Down syn-
drome or autism.

Since 1982 Sunrise has been helping these kids as well as students with physical and developmental disabilities. The therapeutic centre has made a difference in all their lives. The friendly staff and volunteers make it possible for these children and adults to lead a fuller life.

"We work on muscle strengthening and stretching of the body," said head instructor Randi Horne. "We have kids that can talk and some that can't, so we try to communicate more out of the ways that can't."

The strength and ability of the disabled determines how many activities are possible during the lessons. Sometimes they just need someone to hold the horse around the arena and others need to direct a lead belt or ride without holding them on the horse.

Five-year-old Jeni Evans just started coming to Sunrise. She can't speak, but after a few riding lessons, the moves that have been encouraged by the instructor have helped her to communicate with the instructor and volunteers.

Throughout the lessons we have them on different objects like belts or even. We use speech therapy belts with holes in them which helps

them develop their muscles and then they ride the belt out, it puts which works hand and eye co-ordination and stimulates the brain and bones.

Students often have students from other countries comment on the range of the floor.

Jayne who did not want her name used, came from Germany to teach and learn to teach with disabled children and adults. Her love of horses is handled over to the visitors she could stay longer.

"It has been a great learning experience for me and I will never forget the smiles on their faces when they go on their horses, there are no words to describe how it feels," she said.

The next lesson will cover a discovery from Australia.

The firm has lived hard by the poor economy and is seeking help from anyone who can give a donation.

"We are experiencing changes so we are moving on these times, and especially of winter times. We want to bring the horses going for those people who live in a home away from home for them. They feel more independent when they come here and this encouragement is just beautiful," says Jayne, executive director of Sunrise.

Todays charges is lesson \$20, with horses and drivers by horses, two classes four mounted lessons, two mounted dressage and one mounted driving lesson.

For more information you can call or email Heather at 919-827-0500, or visit their web therapeutic-on-

RIVER REN RIC T
CHRISTMAS PARTY DEC

The Sunrise Signs encourage you to the team at 6500 Gloucester St in KPRG Fredericksburg.



Are you courageous to look at putting the bars off the top track, while helping with trials challenges?



A walkway was built here she can park in the offices at Sunrise, as a thank you to Sunrise whose motto is live, laugh & love.



The indoor barn has big playpens outside where they run, jump and ride when not working.



Four-year-old Anna Demar gets ready to ride her horse, "Bengie," with her wife, mothers-in-law, stepbrother and the horse.



It's all just fun on the farm. Kids also have school and interact with horses, miniature donkeys and alpacas horses.

PHOTOS BY HEATHER MULR



From left to right: Heather Horne, head instructor; Randi Horne, an instructor in Germany, and executive director Jayne. These three are only a small part of the team at Sunrise.



PHOTO SUBMITTED

Military recruitment officers come to Guelph to inform students about education and job opportunities within the Canadian Armed Forces and Canadian Navy. Organizers of the event and presenters include, from left, 1301 PRTY Officer (Second Lieutenant) David Jackson, Moth Wenzelius, chair of admissions and recruitment applications, Sgt. Karen Laver, Winter Recruit Access Program, Sgt. Pat Macrae, Leanne Radtke, second-year electrical engineering undergraduate student, and Mike Diamond, manager, engineering, technology and trades training, Institute of Engineering and Information Technology.



Cadet Petty Officer David Jackson
Jackson discusses job opportunities with an attendee at the Armed Forces presentation, aimed at recruiting students like Ben Fidell, University pre-programs.

PHOTOS BY ALEX COOMBE

Military needs a few good men and women

By Alex Coombe

Canadian Armed Forces and Canadian Navy recruiters talked to around 30 Guelph engineering students about opportunities to serve, get educated and gain guaranteed employment via a subsidized program on Dec. 19.

Held in the AIT building, the hour-long seminar was presented on the topic of getting students interested in technical careers in the Canadian Navy and Armed Forces.

The program is part of a recruitment effort as these kinds of presentations are used to fill gaps left vacant by those hard away from the military.

First year electrical engineering student, Ben Fidell, described himself as a non-aggressive person interested in defence.

"It's a good thing in this economy," he said. "Most jobs have to move after school, and there are opportunities."

Cadet Petty Officer Second Class David Jackson opened the presentation with a power point that appealed to young aggressive men. The video balanced heavy guitar and

raped male banter, spiced up with real video of armchair warriors equipped in Canadian fatigues.

Jackson's first goal of the job is to recruit for the Navy as giving her message and to the younger generation later.

"I know it's odd. There aren't many career and educational opportunities in the Armed Forces."

Jackson gave an Armed Forces presentation and having soldiers and the organi- zation behind these who pass. He also gives a strong message to younger people to discuss their plans with family and friends before signing up.

"Please, this is a serious decision," he continued. "Don't have your dreams big money ideas."

Although the gesture didn't impress me like it does to others, there are a growing number of students being recognized for the cadetship program, such as auditory arts and medical technology.

Upon signing a one year contract with the Canadian military, each person is guaranteed a salary of \$11,000 for their first year of studies and in their second year that

goes to \$25,196.

"That's a pretty decent good wage," Jackson said.

After graduation there are responsibilities for both our private wages. The Armed Forces requires two months of service for every month of paid tuition, books and living expenses.

After Jackson finished his presentation Master Seaman Jason Rogers explained his duties as a communications technician for the Canadian Navy.

Rogers whose father served in the same field for 30 years had been in the field for a decade.

He had a few slides to show the gathering, including the newest satellite in Canadian design called the Navy. It's a satellite that allows Internet anywhere.

If that satellite goes down and you're a communication technician, they can just turn about it. Rogers said all the software taught him respects.

All appeared amazement and explanations of ideologies and ideals in the Canadian Forces made of new interest.

The Armed Forces annual open house is located at 11 Duke St. in Kitchener.



Leanne Radtke a second year electrical engineering student at Guelph and a Canadian Armed Forces recruit, was recruited to army engineers for the presentation on Dec. 19.



Master Seaman Jason Rogers, right, goes over recruitment and a power plant drafting education and job opportunities in the Navy.

A year in review

By MAREN STRAUB

This time of year people like to reflect on past events. Once it is officially the new year, reminiscing about the highs and lows of the past 12 months seems to be the next step. Sometimes it's hard to remember what happened two weeks ago, let alone six months ago, so it is fun and interesting to recap the year. The following events are noteworthy in 2010:

Jan. 20 — Barack Obama is inaugurated as the first U.S. African-American president.

The whole world seemed to celebrate.

Jan. 22 — Obama signs an order to close Guantanamo Bay. It is officially known as a prison where inmates are treated inhumanely. The majority of these men are peaceful, but they chose a president who is as passionate and caring.

Feb. 7 — The drought continues as temperatures drop across the country. When temperatures remain hot but just the extremely hot weather and drought make the first the most powerful disaster to strike a decade. The fires killed 171 people, injured over 100 and left 1,800 homeless.

June 10 — The H1N1 influenza, commonly known as the swine flu, is pronounced a global pandemic.

A new version of the H1N1 virus was first detected in Mexico and prompted the World Health Organization to announce the first global pandemic in 41 years. Ontario has confirmed 81 deaths from the H1N1 virus and health officials are highly encouraged that people get the vaccine.

June 26 — Michael Jackson dies and the entire world mourns. After numerous speculations about the real deathbed doctor placed to his death, Jackson's autopsy results are now made public and much more intense. Jackson's lifeless appearance to No. 1 and the pictures film on his final concert really influence on the big offices.

Dec. 6 — The unemployment rate in Canada reaches 8.8 per cent. This has not been the year for the economy. Thousands of Canadians have lost their jobs leaving many frustrated and fearful.

Overall, 2010 was fairly green and depressing, so we're hoping 2011 is a better year.

The colour bar on represents the position of the economy, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted and verified before publication.



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Unsigned letters will be published.

Letters should be no longer

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Keep resolutions simple

Stop setting lofty goals and enjoy yourself this year



Alex
Cooke
Opinions

With a new calendar before us, and a new year that will surely fly by faster than we thought possible, it can be difficult to keep all those great expectations we jotted down on New Year's eve night.

New Year's resolutions have always been set and carried out with the best of our intentions.

There's always the same line: "I would make more money and eat healthier."

How can we expect ourselves to keep resolutions such as losing weight and creating a habit that can last until well into New Year's Eve perhaps?

"Sorry, not that at all," says my doctor. "I can't drink or smoke anymore" — got it.

Why do we set ourselves up for the disappointment every year? We set up the same old resolutions. We know there is a chance that we'll never keep them.

Every resolution I've ever made since I was an unswayed by adult for weight loss and debt management. We're doomed before we've even tried, mainly due to genetics that we carry a gene for weight gain, and then I'll be heavier.

Worthy of what?

First, I suggest that resolutions not be made at the beginning of the year.

Following on the heels of Christmas, with all that excess food to share with family and friends, it's not hard to gain a few pounds. Also, winter is cold and we need some extra motivation to help keep us warm. That's when I tell myself, "you're

"...
"Sorry, not that
it's midnight, I can't
drink or smoke
anymore" — got it!

"...
Why not make resolutions every day?" That seems like something that might be a lot more achievable.

Every morning, when you're eating breakfast or on

your commute to school or work, make a short list of things you want to get done that day.

Remember the KISS rule. NO, we don't do the Great Cleanse down, or God help us all.

Keep it Simple, Stupid. Have four or five goals for each day.

"I'll do one good deed today." That can be as simple as holding a door open for someone, or opening the quarter that used to buy their lunch, or board a bus.

You're keeping physically active as an important goal to have in your mind, but instead of thinking of all the Wright you want to visit, instead, focused to taking the stairs instead of the elevator or take a break while sipping a basic break.

Better yet, no matter how miles at a time, try to get as much out of life as you can. Open your eyes, look around and realize that there is a whole world out there.

You can make an impact or you can go to least one touristy mall in the city to shop.

Change happens in your mind, not when writers down an empty piece of paper.

SPiKE



The women's volleyball team is new this year to Cambridge. Next year they hope to compete in OCAA.

Team tries to spike OCAA

By BRENDAN LEWIS

That says there are many new things Cambridge has done this year, from parking lot. We also have new faces for the research, political and tech teams, and a women's soccer team has a new head coach. Here are some of the new college additions:

It's been 10 years since head coach Doug Veldman has had much success with a college-level team. We're playing just exhibition matches and have practice on the team that runs at three-plus per month, taught by an under-18 club team.

The team Veldman is referring to is the Cambridge Hawks, who lost 3 of 6 games to the Raiders on Dec. 3.

"We have played them before," said Veldman. "They have a few games out of five in pretty happy."

In game two, Cambridge took a 15-3 lead early in the match, but Cambridge took control and got up to a 28-16 lead halfway through the game. Cambridge had much better center coverage and set up through the first game than Cambridge, and finished with a 28-18 Cambridgemen victory.

In game three, Cambridge dropped out to a 3-8 lead only to have Cambridge run back over again for a 14-4 lead. The game went back and forth like a motor until Cambridge kept on a small

rampage for a 28-16 lead. But the Hawks weren't done, as the battle of the birds reached its lowest point game, before Cambridge ended the deal with a 25-22 lead.

Sophomore Lauren, 20, a then-year doctoral student, studied aged volleyball at Algonquin College for four years and is that team captain.

Lauren is now ready for a lot of players," said Romeo.

"We're starting with the basics and we're improved in all areas of the game."

It will be up to him to lead Cambridge to form a team good enough to qualify for competition in the University College Athletes Association volleyball league.

"When everybody was new, it was all rookies and we've got to start leading as a team," said Romeo and Veldman.

Romanian-born, 18, a second-year paramedic who has been named captain after an impressive year gone.

"We're all these young girls in becoming a team. We all work well together and have learned to know each other really well," said Romeo.

She joined club volleyball before joining the team here, playing for the Waterloo Tigres and UVic Predators.

The team does not have a shortage of experience or grit.

In game three, Cambridge once again took a 20-16 lead and held it long into the match that game. The Hawks looked more energetic and

Cambridge's mistakes were knocking right down on the Hawks' with aplomb. The Hawks quickly had a second lead at 8-6 lead in the middle of the game. The lead grew to 17-11 at the break and around up 28-18 for the Raiders.

In the final game the song for most of the Hawks' track was an earthen companion to the cheering and bumpting songs from the Raiders side. But game four was different than the other three games.

Cambridge pumped out a commanding 21-7 lead before Cambridge began whittling away at the deficit. Cambridge pulled it tight and when the score reached 23-8 in favour of Cambridge.

"In the final game just

told them, you see that, can you fight back and get them?" said Veldman.

Cambridge got their 18th point with only two seconds left on the clock.

As people watched, the deficit diminished, then on goals down to three before Cambridge could read the Goals were within a single point and were clinging at the Hawks' last breaths. But that's as close as they would come, as Cambridge got the elusive 18th point needed on the final game in time.

Veldman was happy with the night, but wishes they could have won the last game.

"They won a tough one to lose."

Covering Olympics a lot of work

By BRENDAN LEWIS

The year is over. I imagined the world will be a much different place during the 2002 Winter Games.

This summer, I am going to China. Brenda Lewis will be writing first-hand news about the Beijing games, as well as attending the opening ceremony.

This winter we go to the Commonwealth Cup in South Africa and we shall also be there just as our own things like soccer in South Africa hopefully rule in the development of most everything. From that to safety in the country—and Brenda, who graduated from a three-year radio and television broadcasting course in the early 1990s.

Brenda has been covering sport and events-to-come all over the globe, covering every major international sporting event for the CBC.

The Commonwealth meeting, expected to be a gym teacher during her days at Prairie Rose School, has also reported on Olympics after a teacher suggested she could see very well for Winter Night in Canada.

"When I got out of school in the mid-'80s there weren't any female teachers here. I couldn't find a job so I started doing news," Irving said.

"You can never get rid of school in the mid-'80s there weren't any female teachers here. I couldn't find a job so I started doing news," Irving said.

A few years later, after working at local stations across Canada, Irving became the first of the bunch to appear on the history-making Saturday night locker room cast.

Irving has since covered seven Olympic Games and countess world champs, including in figure skating and track and field.

Her most memorable moment was one relatively obscure because of the sport, but the infectious enthusiasm seemed to Irving.

The World Cup in Korea where Korea won an that memorable run and made it through to the longest medal drought in an decade. Much kudos to the coaches.

She says new graduates should be ready to work hard and be able to handle today's sophisticated stories.

"I am an old-fashioned, but the ones that I worked are the ones that do well in cold weather on the cold days and that is your job but of fact come in all kinds of the day and night to live," Irving said.

"It will come down to who wants it most. Who is willing to work the hardest."

"It's like running a marathon. If you ask someone while they are running if they are having fun they aren't going to say they aren't having fun, but once it is over and you do a good job and cover great events you know it's all worth it."

Brenda Irving

B. LEWIS

It is unbelievable how many people work so hard to sleep and work they work 24-hour days because there is so much work to do.

You can never get rid of school in the mid-'80s there weren't any female teachers here. I couldn't find a job so I started doing news," Irving said.

But then there's money, she adds, from the big corporations.

"It's like running a marathon."

If you ask someone who they are running for they aren't going to say they are not having fun but once it is over and you do a good job and cover great events you know it's all worth it," Irving said.

An untrained veteran in the broadcast field Irving has seen the production evolve from linear to the digital, though she's not depth. Much knowledge involved.

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HOROSCOPE

West of Sun, 11 Jan 2002



Aries

March 21
April 19

You will have surprising right turns about persons. This will be a matter of great concern until you find a good log on your chart.



Taurus

April 20 - May 18

On Tuesday you will be walking down the street when your eyes will widen suddenly. This is because someone has released their gun today.



Gemini

May 21 - June 18

You will be forced to take a long detour from an part of your destination. A friendly guide will write a great deal of your time.



Cancer

June 21 - July 12

A leadership quality will follow you readily this week. They will bring mutual versions of many lawsuits. This will be embarrassing.



Leo

July 23 - August 23

This week a wolf will move into your home and start eat your livestock. This is only an issue if you are a farmer. Other people should not care however.



Virgo

August 23 - September 22

Your neighbour will put down a border. They will become quite annoying especially after you live downwind away from them.



Libra

September 23
October 22

On the weekend a woman resident做一些 will attack you. You will be OK because you will use the Holy Hand Grenade.



Scorpio

October 23 - November 21

On Friday you will get lost in the street by a signpost. This will last inconveniently for three and half hours. It will be at a gathering.



Sagittarius

November 22 - December 21

On Wednesday an athlete will cheat you. That is rather odd as you will be on the side of a city street when it happens.



Capricorn

December 22 - January 19

At some point during the week you will get hit in the head by a baseball. This is not a catastrophic injury but it is embarrassing.



Aquarius

January 20 - February 18

On the weekend you will be assisted by a pack of angry hawks dressed as snakes. This is very strange considering the type of prey.



Pisces

February 19 - March 20

A large woman of Thorian descent will challenge you to a game of cards. You will handle her for all your money.

Nick Dasko is a second-year journalism student who makes these up for your entertainment.



PHOTO BY ANDREW HETHERINGTON

CHILDREN OF BODOM sell out Club Elements

WHEN DATING TURNS DANGEROUS

Are you abusive?

Have you ever wondered why you sometimes feel as though you must have control over your partner's actions, relationships, and behaviour? In other words, are you aware that abuse may be taking place in your relationship? You may be wondering whether your partner needs understanding what you are doing or why you are doing it. Or you may understand what is happening, but not know how to stop.

- Do you blame your partner whenever things go wrong?
- Do you demand what your partner does, where they live and who they see, the end of the phone call and where they go?
- Are your jealous of your partner's friends, mate or family?
- Do you say hurtful things and then say you were only joking?
- Do you act like your partner by smashing things, or by using loud, foul voices or gestures?
- Have you ever hit, slapped, grabbed or pushed your partner?

If you have answered yes to any of these questions, help is available. Help along with you may be available through Behavioural Health at the first floor in Engineering B. Counsellors are available through your Counselling Office. Dean Computer, Room 13111, 441-5000 ext 3286; Dean Computer, Admin. Office, 441-5000 ext 148 or Maintenance Computer, Room 1224, 441-5000 ext. 224. Information can also be obtained or available through your Counselling Office. If you are being abused, report it to the Director of Computer Services (Open Computer, Room 2010 ext. 441-5000) or the Police. All above numbers are toll-free.

